GETTING INTO THOSE GOOD HABITS
TIPS ON HOW TO STAY IN SHAPE {page 22}

VIFF PREVIEW
HUNDREDS OF DIVERSE FILMS AWAIT FESTIVAL GOERS {page 6}

ASHTON GETS AMOROUS WITH DEMI DISH {page 17}

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VANCOUVER metro®
Tuesday, September 28, 2010
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Slain teen's online memorial defiled

- 15-year-old was found badly beaten in a Delta park and died on Sunday
- Officers say they have identified a person of interest

JENNIFER GAUTHIER/FOR METRO VANCOUVER

▶ Acquaintances of 15-year-old Laura Szendrei leave flowers at a memorial in Mackie Park in North Delta yesterday afternoon. The girls, who did not want to give their names, were at a football game in the park on Saturday and say they heard Szendrei's screams.

KRISTEN THOMPSON
@METRONEWS.CA

The organizer of a Facebook memorial page for Delta teen Laura Szendrei was scrambling yesterday to remove nasty comments and pornographic images posted on the site.

Tyler Merko, administrator of the group Justice for Laura Szendrei — which has more than 3,300 members — said he changed the settings so only "respected members" can comment after someone posted "disturbing photos."

"I am looking into who posted these photos," he wrote on the wall.

Delta police Sgt. Sharlene Brooks said it takes a "disturbed individual" to try to bring more grief to Laura's family and her friends.

The messages were possibly created by trolls — virtual vandals who post material on memorial pages simply to be offensive.

WITH FILES FROM THE CANADIAN PRESS

Special feature

Focus on online learning

Distance education a good way to upgrade skills, but do your research first, experts caution Students share their web experiences {pages 28-31}

Comforts of home

Hot meals, cots provided to trapped Chilean miners as part of coping strategy {page 10}

Prime-time profiles

Quick snapshots of the top new shows on TV {page 14}

'Tis the season for bargains

Scout around this fall for some super deals {page 27}

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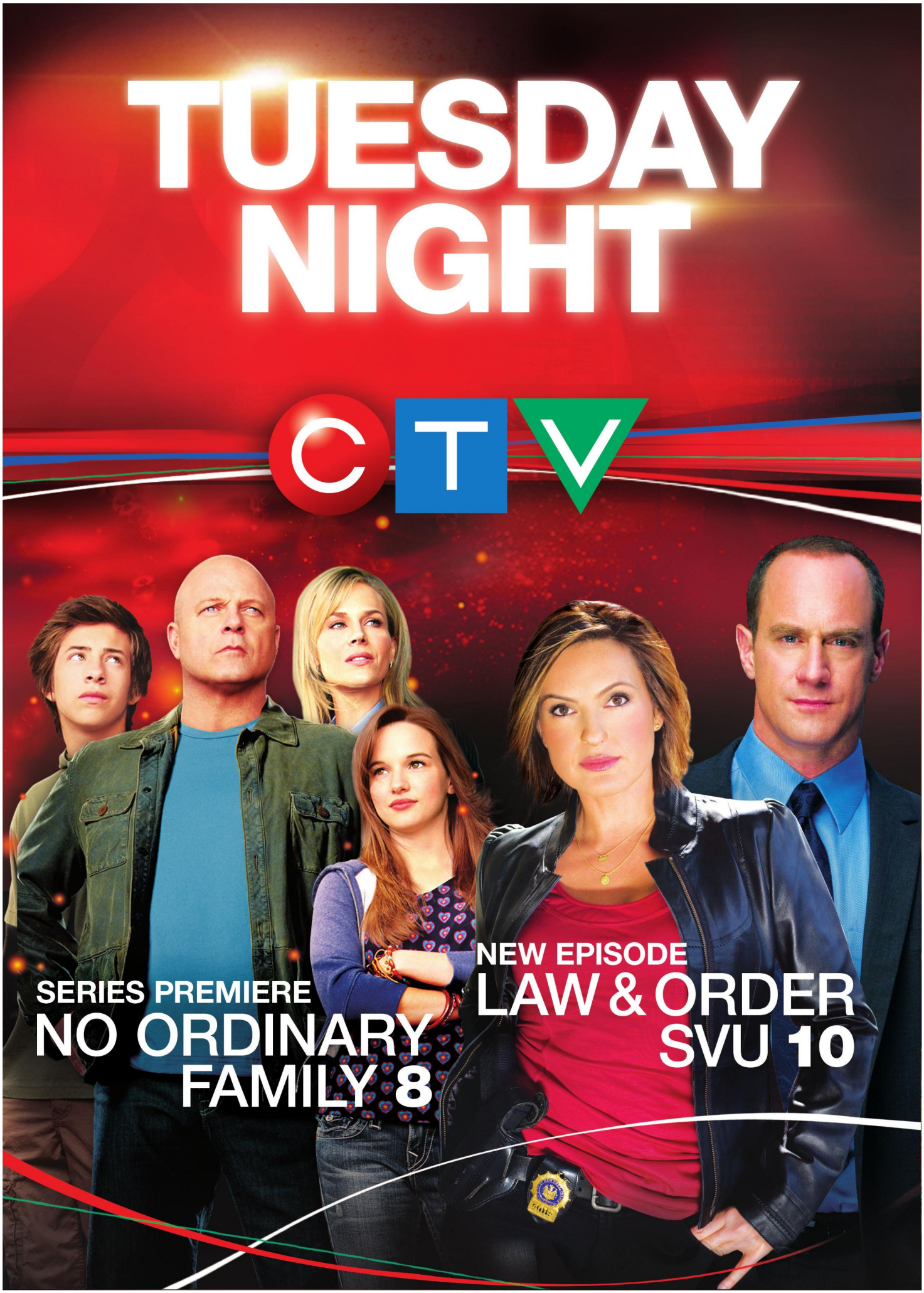
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NIGHT
CTV
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NO ORDINARY
FAMILY 8
NEW EPISODE
LAW & ORDER
SVU 10

News in brief

Head of Pickton inquiry to be named

APPOINTMENT. A commissioner for the Robert Pickton public inquiry is expected to be appointed this morning. Attorney General Mike de Jong will make the announcement in Vancouver.

KRISTEN THOMPSON

Housing costs still highest in Vancouver

SURVEY. It takes 74 per cent of the average homeowner's income to pay for housing costs in Vancouver, the most in the country. Toronto ranked second at 50.2 per cent in the RBC Economics survey.

STEPHANIE ORFORD

For more news, visit metronews.ca/vancouver

B.C. tops in online buys

British Columbia had the largest proportion of online buyers last year, with 47 per cent making a purchase over the Internet, according to a Statistics Canada report released yesterday.

The national average is 39 per cent.

The popularity of online shopping is growing, with more Canadians ordering online and each person making an average of nine purchases, the study said.

In all, Canadians spent $15.1 billion online in 2009 — that's $2.3 billion more than in 2007.

STEPHANIE ORFORD

Genders split

More men (42%) bought online than women (37%) in 2009. Metro asked Twitter followers why they think that is:

- **@Clausito**
  I think men are more trusting, and women prefer face to face interaction. Women also like the shopping process, men don't!
- **@Ashleeu**
  b/c women like to "touch & feel" their purchases ... shopping is a task for men and an experience for women ;)

Rise in sex assault stats inflated: Police

Only 1 in 10 assaults reported to cops, StatsCan says Most over 25

JEFF HODSON
@METRONEWS.CA

The increase in sexual assaults is less than half the alarming 21.2 per cent touted last month in their annual report, Vancouver police said yesterday.

Police assert that the number of reported and founded incidents rose 9.6 per cent in the first eight months of 2010.

"We want to make sure people are aware of when and how many crimes of this type are happening," said Const. Lindsey Houghton.

Of the 360 sex assaults reported to the VPD, 58 were "historical" (they were reported between January and August, but occurred earlier) and 29 involved incidents where the victim was not truthful.

Breakdown

- Non-penetration sex assaults, like groping and grabbing, accounted for 157 of the 273 assaults.
- Most assaults occurred between midnight and 6 a.m.
- Alcohol was involved in some form in 114 of the 273 assaults.
- Sex assaults were equally prevalent in the downtown core and the Downtown Eastside (80 incidents each).
- The highest and steadiest increase in sex assaults has been in the central business district.

50 **Percentage of the sexual assaults in the Central Business District that occured in the Entertainment District.**

JEFF HODSON/METRO VANCOUVER

▶ Const. Lindsey Houghton at Vancouver police headquarters yesterday.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/investing

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Tickets risky on Craigslist: Broker

If the price is too good to be true, it probably is

KRISTEN THOMPSON
@METRONEWS.CA

"If you're buying on Craigslist, always get your agreement in writing and agree to meet the seller at their place of business." MARIO LIVICH

Scammers are taking advantage of the high demand for tickets to Arcade Fire's sold-out show at Pacific Coliseum tonight.

One seller on Craigslist was promising a set of cheap tickets to several would-be buyers at the same time, asking for an email money transfer before sending multiple copies of the same ticket, which would end up being void at the door.

The problem with buying tickets on Craigslist is there's no way of authenticating if they're valid, said Mario Livich, CEO of ShowTimeTickets.com — a Vancouver-based ticket re-sale marketplace.

"Preferably, people would buy (tickets) from a reputable business … like a retail store front or from a member of the Canadian Ticket Brokers Association or the National Association of Ticket Brokers," Livich said.

News in brief

Skating pair misidentified

CORRECTION. Russ Courtnall and Shae-Lynn Bourne were misidentified as partners in CBC's Battle of the Blades. Courtnall and Bourne are skating with other partners. Metro regrets the error. METRO VANCOUVER

Tamil kids start school

BURNABY. Tamil migrant children have started school at a detention centre. STEPHANIE ORFORD

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Reel great movies being screened at VIFF: Director

Festival features 600 screenings of roughly 250 movies at 4 venues Lineup has 87 Canadian films, 30 from B.C.

On Thursday, the city will be rolling out the red carpet for the launch of the annual Vancouver International Film Festival, which opens with the film adaptation of Mordecai Richler's novel Barney's Version.

Aficionados have already printed off the festival guide and sat down with highlighters to pick their must-sees.

But Alan Franey, festival director, said deciding between hundreds of films can be overwhelming for first-timers.

"The most important thing everyone asks is where to start," he said.

"The program catalogue has various guides and the website (allows) you to search for (films) by any term. It'll take you to the films that apply."

Festival goers can search for movies by title, director, country, venue or genre — including "queer interest," "literary adaptation" or "First Nations."

Franey said the festival runs the gamut of big commercial films, documentaries and Canadiana, and has a special focus on East Asian cinema.

Audience Award winners include Me, Too, from Spain, about a boy with Down syndrome who falls in love, and Wasteland, about the inhabitants of the world's largest landfill outside Rio in Brazil.

The programming, said Franey, reflects the diversity of Vancouver.

"All we're trying to do is find the best films from around," he said.

"It's kind of like visiting a library if you only have one year. It's too big a festival for any one person to contain, so we all have our different version of it depending on what we see."

KRISTEN THOMPSON

Festival info

- The festival runs from Sept. 30 to Oct. 15.
- Tickets are on sale now. For more information, visit viff.org

PHOTO COURTESY OF VIFF

▶ Scott Speedman, left, Paul Giamatti and Rachelle Lefevre in a still from Barney's Version – based on the Mordecai Richler novel – which is opening the Vancouver International Film Festival on Thursday night.

Of the hundreds of films screening at the Vancouver International Film Festival this year, there are five that VIFF director Alan Franey says he's especially excited to showcase.

"My son's living in Spain and I asked him what's the big film right now, and he said Cell 211," Farny said.

"(Another) of my favourite films of the year is called Poetry … It's a very moving film."

Other must-sees, he said, are Made in Daganham, Nénette and The Eye 3D — Life and Science on Cerro Paranal.

KRISTEN THOMPSON

1

Made in Dagenham
Drama, U.K.
Directed By: Nigel Cole
A dramatization of the 1968 strike at the Ford Dagenham car plant, where female workers walked out in protest against sexual discrimination.

2

Nénette
Documentary, France
Directed By: Nicolas Philibert
A documentary about the star of Paris' Jardin Des Plantes — a 40-year-old female orangutan who has been living at the zoo since 1972.

3

Cell 211
Action, drama, Spain
Directed By: Daniel Monzón
The story of two men on different sides of a prison riot — an inmate and a young guard posing as a prisoner during the uprising.

4

Poetry
Drama, South Korea
Directed By: Lee Changdong
A drama focusing on the life of an elderly woman who impulsively joins a poetry-writing class as part of her search for meaning in her life.

PHOTOS COURTESY OF VIFF

5

The Eye 3D — Life and Science on Cerro Paranal
Documentary, Germany
Directed By: Nikolai Vialkowistch
A 3-D documentary about the EU's VLT Observatory, set in northern Chile, which boasts the world's most powerful telescope.

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India greets athletes

Inside village, conditions have improved dramatically But workers race to finish preparations

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are the flag-bearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff.

A team spokesman says the Canadians will stay at the athletes village.

"All the rooms for these people are ready," said Canadian press attache Yan Huckendubler. "Now we are functioning day-by-day. Every day we prepare the rooms for the athletes arriving the next day. It's really touch-and-go, but they are all staying at the village."

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said. "Certainly much better than the state we found a week ago."

"It's not five-star but for athletes in competition, it is correct," he added.

Alistair Whittingham, an archer from Scotland, said conditions were better than he had expected. "I have stayed in much, much worse accommodation during tournaments elsewhere in the world."

Kenyan shot putter Agnes Flora Oluoch said her team's rooms were in good condition, but she and her fellow athletes had yet to receive keys, forcing them to leave their doors unlocked.

THE ASSOCIATED PRESS

SAURABH DAS/THE ASSOCIATED PRESS

▶ School girls wait to perform to welcome Scottish team members at the Commonwealth Games village in New Delhi yesterday.

Segway maker dies riding vehicle

A British businessman who owns the company that makes the two-wheeled Segway has been found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of Jimi Heselden, 62, and a Segway personal transporter were found in the River Wharfe and he was pronounced dead at the scene. A witness reported seeing a man fall Sunday over a nine-metre drop. THE ASSOCIATED PRESS

Tories win majority in N.B. vote

New Brunswick voters elected a sizeable Conservative majority government yesterday, throwing out Premier Shawn Graham's Liberals. The Tory Leader is David Alward. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ N.B. Premier Shawn Graham votes yesterday.

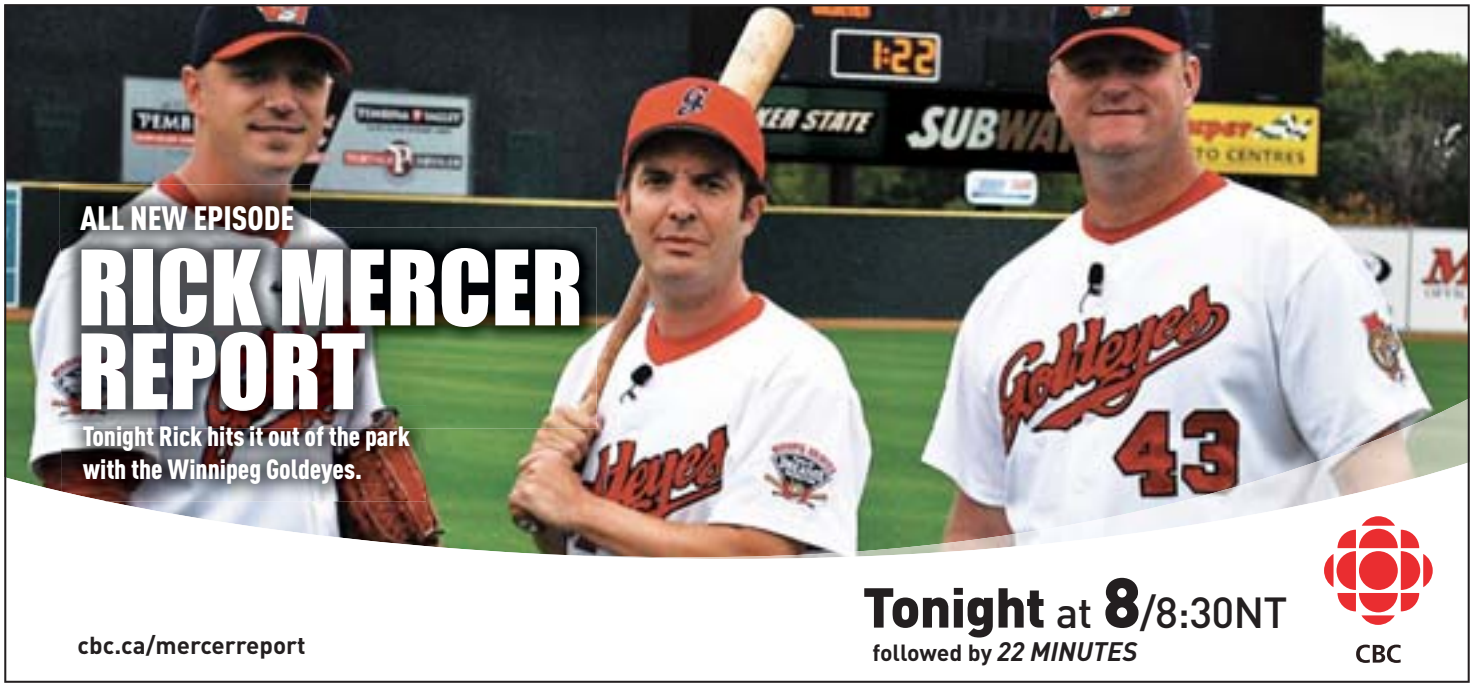
Time to move past stimulus: Flaherty

The federal Tories say their $62-billion stimulus package has saved or created almost 200,000 jobs since the beginning of 2009.

In its sixth update on how well the stimulus package is working, the government says it has now committed funding to 23,000 infrastructure projects across the country.

The report says the plan is on track, and has been responsible for supporting much of Canada's recovery.

THE CANADIAN PRESS



‘Cavalry’ lands to help rebuild ravaged village

The military was expected to spend several hours moving dirt in preparation for bridge building

Residents of the tiny community of Trouty in eastern Newfoundland were relieved and moved yesterday as the defence minister and Canada’s top soldier landed in their hurricane-ravaged village.

Josephine Johnson, owner of the local Trinity Bake Shop, burst into tears moments after Defence Minister Peter MacKay stepped from the Sea King helicopter with Gen. Walter Natynczyk, chief of the defence staff.

“To think that he would come here to help us,” she told reporters after MacKay assured her the military will do all it can to put the severed community back together again.

60 The population of Trouty, N.L.

“It’s like a nightmare that we can’t wake up from.

“You don’t know what to do or where to start.”

Trouty Brook, a salmon run that divides the pretty enclave, became a raging river as hurricane Igor unleashed more than 200 millimetres of rain in the hardest-hit places last Tuesday.

“The calvary has come,” MacKay said of the arrival in Trouty of military combat engineers and support staff. “And we’re working closely with the province (and) emergency services.

Soldiers began dumping truckloads of gravel yesterday to smooth a makeshift road heading toward the fast-moving brook. Slabs of buckled asphalt are all that’s left of what was once the main road.

A wooden foot bridge built with two telephone poles hauled from nearby Trinity now connects one side of Trouty to the other. It has been used over the last several days to get food, water and other supplies to homes cut off by the rushing water.

THE CANADIAN PRESS

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Is public nudity a charter right?

A man charged with going through a fast-food drive-through while naked is challenging Canada's public nudity laws as unconstitutional.

Brian Coldin is facing five charges for two incidents near a clothing-optional resort he operates in Bracebridge, Ont., and incidents at an A&W and a Tim Hortons.

His lawyer, Clayton Ruby, said outside court they believe the laws violate the charter because they limit a nudist's right to free expression.

He says the laws should be struck down so Parliament can tailor them, if it so chooses, because right now they're overly broad.

THE CANADIAN PRESS

Alleged incident

- A woman working the drive-through window at a Bracebridge, Ont., A&W in May 2009 testified she felt very uncomfortable when three naked men in a car pulled up at her window.
- Jessica Swift cried as she told the court that Coldin pretended to get a wallet out of his back pocket, even though he was naked.

A survival routine

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

▶ The capsule that will be used to rescue trapped miners.

Rescue holes estimated to be ready by middle of November

They get laundry service, TV, three hot meals a day and even ice cream for dessert. Everyday life for the 33 miners trapped a half-mile underground now includes some of the comforts of home — at least those that can be lowered through narrow holes.

The miners are sleeping on cots that were sent down in pieces and reassembled, and each can look forward every weekend to eight minutes of video chat time with his family using compact cameras and a phone that was disassembled to fit through the hole. Settling in for the long wait, they've established a disciplined routine designed not only to keep them mentally and physically fit, but working together.

The plan, according to psychiatrist Alberto Iturra Benavides, is to leave them with "no possible alternative but to survive" until drillers finish rescue holes.

THE ASSOCIATED PRESS

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TRYING TO STAY CIVILIZED IN THE CITY

She says ...

JESSICA NAPIER

I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

Yes, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20-somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the air is polluted.

But here's my theory: It's not that city folk are rude; it's that *people* are rude. There are just so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always, *always* stand right and walk left on the escalator.

It's a lot to learn, but I like to think of myself as a master of downtown decorum. However, every once in a while I am presented with someone who makes me question my etiquette expertise.

"In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should ..."

You've all met her, of course. She often shows up on a crowded bus or subway. I'll call her questionably pregnant woman. She's usually outfitted in a baggy sweater or an ill-fitting ensemble that makes her look heavy around the midsection but without the obviousness of a baby bump.

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on board.

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route just remember … I'm actually trying to be nice.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Examine all alternatives

Letters & Tweets

Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will hurt our pocketbooks.

In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its virtues stop here."

This glib denunciation of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has left us with a tenuous future.

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. **JIM BELO**

The choice is yours

What is your idea of a romantic date?

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Metro Minute with Arcade Fire

Montreal rock band Arcade Fire is in Vancouver tonight.

The band's music is cathartic, with quavering vocals, a big symphonic sound, and an undeniable momentum that hits listeners square in the heart. It's no wonder the indie music darlings have garnered heaps of praise.

Critics gave their new album, The Suburbs, rave reviews, and their live performances are reportedly even better than their recordings.

Tickets for tonight's 7:30 show at the Pacific Coliseum with openers, Calexico, can be found online.

It's time for a good epic cry.

STEPHANIE ORFORD

CORY SCHWARTZ/GETTY IMAGES

▶ Win Butler, left, and Richard Reed Parry of Arcade Fire.

Browsing, then buying

Web used to 'test drive' goods

More Canadians were using the Internet to "window shop" before buying, a trend that has increased as online shopping becomes more mainstream, says Statistics Canada.

"A lot of Canadians are going online to inform themselves and then for other reasons, they're then making the final purchase in a retail location," the agency's senior research analyst Larry McKeown said

In 2009, more than half of Canadians went online to "window shop" — to browse or research items — up from 43 per cent in 2007, the study said.

THE CANADIAN PRESS

Socialized firms

Canadian businesses are turning to social media and they want to be more than just "friends."

- **One third are social.** A new report by Bank of Montreal based on a survey of 427 firms indicates one in three of them are using the relatively new technology to help their businesses.
- **Ideas, branding, selling.** The report states that about 30 per cent of firms on social media use it to gather ideas from other people, 30 per cent to promote brand recognition, and 20 per cent to sell products.

Market moment

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– 14.26 (12,190.60)	– 0.25¢ (97.25¢ US)
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	Gold contracts $1,298 US (+$0.50)

Technology. Touting the tablet

▶ Models displays Sharp Corp.'s GALAPAGOS.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Sharp unveils e-reader

Sharp's e-book reader, the GALAPAGOS, will be available either with a 10.8-inch high-resolution LCD screen or with a 5.5-inch LCD.

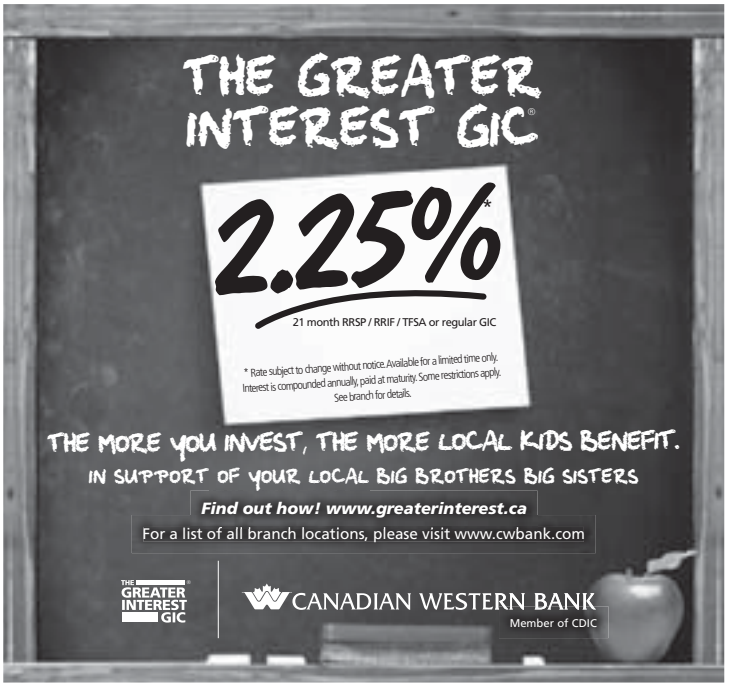
RIM makes its 'play'

The Canadian company that gave us the BlackBerry thinks its business customers will have room in their briefcases for at least one more device: The PlayBook.

Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early in 2011, with an international rollout later in the year.

The PlayBook will have a 17.8-centimetre screen, making it half the size of Apple Inc.'s iPad, and has a weight similar to the iPad's. Unlike the iPad, it will have two cameras, front and back.

The PlayBook will be able to act as a second, larger screen for a BlackBerry phone, through a secure short-range wireless link. THE ASSOCIATED PRESS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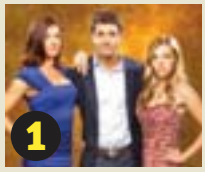
TOP 5 Best new TV shows to watch this fall

Primetime is packed with new series And your DVR is already overloaded What to make room for next to your returning favorites



Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen — actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says.

Despite anemic ratings in its debut Lone Star is a show worth checking out— **this critical darling airs Mondays on Global and Fox.**

Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew — including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed — now I'm bad because I drink orange juice? The difference between good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law — he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he adds.

After strong ratings for its premiere — and a quick pickup for a second season — **Boardwalk Empire continues to stroll Sundays on HBO Canada.**

No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chiklis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. **No Ordinary Family airs Tuesdays on ABC and CTV.**

The Event

Is the event a military cover-up? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its time-jumping structure, the final scene payoff was worth it — even if it posed another head-scratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mysteries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. **The Event airs Mondays on NBC.**

Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little girl. "You don't want to poke them or insult them or anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family — a chain-smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. **Watch on Global and Fox.**

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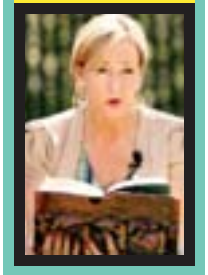
Potter



Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's television program.

Forbes magazine has ranked Rowling as one of the richest women in Britain, with an estimated wealth of $1 billion.

THE ASSOCIATED PRESS

Simon Pegg, Michael Fassbender among voices for next Fable video game

Cast mates support The Situation

Mike "The Situation" Sorrentino survived his first ballroom dance and he of the etched abs says he's determined to shine on Dancing With the Stars — especially with his Jersey Shore cast mates cheering him on.

The 32-year-old reality star made his debut on the hit ABC dance competition last week and landed in a three-way tie for last place with comedian Margaret Cho and actor David Hasselhoff. But he escaped elimination when Hasselhoff was ousted.

This week, he faces fellow survivors Jennifer Grey, Florence Henderson, Kyle Massey, Rick Fox, Kurt Warner, Brandy, Michael Bolton, Audrina Patridge and Bristol Palin.

Jersey Shore co-star Ronnie Ortiz-Magro says he wishes Sorrentino the best, but will only come to the Dancing ballroom "if they want to fly me out and pay for me to go."

Fellow cast mates Jenni "J-Woww" Farley, Sammi "Sweetheart" Giancola and Paul "DJ Pauly D" DelVecchio, however, said they'd be happy to leave Jersey briefly to support their pal in person. But he better do well, they said.

Ortiz-Magro said he'd be willing to text in a vote for Sorrentino.

"I hope he just tries his hardest, and he doesn't embarrass himself," Ortiz-Magro said.

"Or us," Farley added.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Mike "The Situation" Sorrentino will need to step it up if he wants to stay around on Dancing With the Stars

MY TOP 4 SINGLES LIST

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Lists. They're the articles everyone loves to hate. Every magazine, whether it's business, entertainment or food makes top-10 lists that usually irk people to the core.

That's precisely why they're so entertaining — you always have a better list in your head and can't believe anyone else would choose anything different.

So get ready to be angered Thursday, when venerable East Coast music scribe Bob Mersereau releases his latest book, the Top 100 Canadian Singles.

He polled hundreds of people in the music industry to come up with this list. He asked me to contribute, but I never got around to sending him my picks.

We won't know who topped the list until the 30th, but had I sent him my choices, here's what they would have been:

Needle and the Damage Done — Neil Young

It's one of the best tunes ever written period. From the opening guitar run to the incredibly infectious verse and the lack of a chorus, this song is so simple, yet very different than most of the folk tunes that came out in the early '70s. The haunting lyrics about heroin addiction put this track over the edge.

Underwhelmed — Sloan

The single came out not long after Nirvana hit big, but while it's got a grunge feel, it's anything but angsty indie rock. The blistering drums, dueling vocal harmonies and distortion overload gives the song just the right amount of alt-rock aggression, but the humorous lyrics and poppy melodies proved that Sloan weren't just Cobain-like sad sacks.

These Eyes — Guess Who

The Guess Who are always hit and miss. But when they're good, they're pretty fantastic. These Eyes is one of their best. It's bouncy keyboards and jazzy instrumentation shows a different side to these rockers.

Arcade Fire — No Cars Go

This song is quintessential Arcade Fire. The speedy beats, brooding melodies, haunting, complex instrumentation and countless hooks has worked for them time and time again, but it started with this song.

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Sequel gets rusty

Iron Man 2
Genre: Action
Director: Jon Favreau
Stars: Robert Downey Jr.
◍◍◍

The first Iron Man found hilarity and energy by making it very plain just how much it was about the priapic Mr. Stark, whom Robert Downey Jr. invests with satanic allure.

For once, we had a superhero who wasn't fretting about the rights and wrongs of blowing up bad guys and saving the world. Instead he plotted how fast he could slip between the sheets with an admiring hottie.

Returning director Jon Favreau seems to have forgotten that the sun really does rise and fall on Downey's charms. Favreau and screenwriter Justin Theroux lard the script with a baffling array of characters and subplots.

There are still a lot of laughs, often punctuated by the "clank" of that über-cool outfit, but some of the jokes are a little rusty and the dialogue often runs to mere verbiage.

On paper, Mickey Rourke seems like an appropriately insane adversary. He's Ivan Vanko, a Russian mastermind with an aversion to soap and shampoo but a real knack with a soldering iron. He whips up his own S&M version of the Iron Man outfit.

Vanko has a grudge against Stark because of unsettled ancient business between Stark's arms-dealing daddy Howard (played in flashback by Mad Men's John Slattery) and Vanko's pa, who wasn't exactly lily-white himself. But both dads are now dead, and Vanko is peeved beyond what anyone can fathom.

Meanwhile, as they say in Comicsville, the story creaks with other distractions. Stark has to defend his good work before the U.S. Senate armed services committee, where he amusingly tangles with flapdoodling liberal Senator Stern (Garry Shandling) and conniving rival arms trader Justin Hammer (Sam Rockwell).

The franchise still has a lot of spark, but next time they need to clean the corrosion off the batteries.

Extras include a director's commentary, deleted scenes, alternate opening and numerous making-of featurettes.

PETER HOWELL

Tell us what you are recording @vancouvermetro

PVRTweets

What is your favourite day of the week to watch TV?

@PrimeBane Sunday..,that's when all the great HBO and Movie Central shows are on (True Blood, Hung, Dexter, Boardwalk Empire)
@MeganBlakeley Sunday! No question!! Dexter, Boardwalk Empire. The list goes on.
@maegmurphy WEDNESAY! glee night #typical #sooriginal
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Frozen
Genre: Thriller/Horror
Director: Adam Green
Stars: Emma Bell, Kevin Zegers, Shawn Ashmore
◍◍◍½

Frozen reminds us that you don't need much to make a good scary movie. Just a strong story, good actors and an abiding sense of how things dangle in the dark. Taking a dramatic turn from the slasher hilarity of his breakthrough feature Hatchet, writer/director Adam Green plays it straight with a script that has the virtue of simplicity. Pals Dan (Kevin Zegers), Joe (Shawn Ashmore) and Parker (Emma Bell) are three pals looking for cheap ski thrills. They've managed to scam one last run down a mountain from a lift operator who is anxious to get home. The operator warns them that bad weather and nightfall are both closing in, and the mountain must be shuttered until the following weekend. Things don't go as planned, and that's putting it mildly. Not much more of the plot can be revealed, except to say that there's perhaps no more lonely spot on Earth than being attached to a wire high above a mountain. PETER HOWELL

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Ashton, Demi not afraid to show the love

Couple staying strong despite rumours of Kutcher's infidelity Moore gets affectionate with her man

GETTY IMAGES

Despite talk to the contrary Ashton Kutcher and Demi Moore are still together.

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO

Lohan puts herself back in rehab

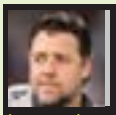
After posting bail and avoiding jail again, Lindsay Lohan is reportedly going back to rehab voluntarily in advance of her next court appearance on Oct. 22, according to People magazine.

"She will step up her treatment and do more than what she was previously ordered to do," a source says. Meanwhile, Lohan spent part of her weekend volunteering at a homeless shelter.

METRO

Celebrity tweets

Jessica Alba [@jessicaalba] Purchasing new toddler car seat for Honor. What do you all recommend?



Russell Crowe [@russellcrowe] There's nothing so quiet as Sunday in the bush. Think I'll crank up the 750cc ATV and go and visit some cows.

Steve Martin [@SteveMartinToGo] So frustrating when you have to text but you're home so you have to go get in the car and drive all the way to the left lane of the freeway.

Sarah Silverman [@SarahKSilverman] I'm dazzled by even the simplest choreography.

METRO

Gaga's dress to become jerky

GETTY IMAGES

The meat dress Lady Gaga wore at the MTV Video Music Awards will be turned into jerky.

Lady Gaga's infamous meat dress from the MTV Video Music Awards is going to be turned into jerky, according to Popeater.

"The dress will go through a process where it becomes a sort of 'jerky,' and it will be archived," designer Franc Fernandez says. "The meat dries out, rather than rotting. But it shouldn't be worn again." After using almost 50 pounds of flank steak to create the controversial look, Fernandez says he's done with the look.

"There's not going to be meat dresses in the future," he tells MTV. "This was made for a specific purpose. It's what it is."

METRO

Eating chili can make you lose weight by speeding up your metabolism and burning fat, scientists have found. Researchers show that heat generated by the spicy food oxidizes layers of fat as well as increases metabolism.

Now those with sensitive taste buds can also benefit from peppers without having to endure the stinging aftertaste. An equivalent of the main chili ingredient, capsaicin, has been found in a non-spicy variety. This means that we can gain the fat burning effect of chili without the risk of stinging our taste buds or stomachs. This non-spicy version of chili is now found in supplement form.

Clinically proven to burn fat!

Researchers at the University of California studied the effects of chili on the diet after becoming intrigued at the manner in which the spicy fruit makes those who eat them sweat. They fed 34 men and women a low-calorie diet, supplemented with either non-hot version of pepper or placebo pills.

They found that levels of energy expended by those given the highest amounts of capsaicin were almost double those of the subjects who had been given the placebo.

Green tea and chili - The strongest combination for fat burning

The current best selling natural ingredient for fat loss is green tea. Now studies show that chili and green tea together complement each other and burn more fat than either one alone. Scandinavian manufacturer New Nordic has recently launched their natural product Chili Burn in Canada. The product is based on this research and further adds ginger and dill in the composition.

Chili Burn, which is now the no.1 fat burning supplement in Scandinavia, is available at participating pharmacies and health food stores, such as Shoppers Drug Mart, Loblaws, Superstores, Zehrs, Extra Foods, Zellers, Rexall, Pharmaplus, GNC, Nutrition House, Morning Sun, Alive, Overwaitea

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metro

Start right with your child's sight

The first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, near- and farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20-second break from your computer screen and focus your eyes on something at least 20 ft (6 m) away.

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level.

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.

Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

- *Turning or tilting of the head to use only one eye*
- *Red, itchy, or watery eyes*
- *Frequent headaches*
- *Academic performance below your child's potential*
- *Avoidance of close work; dislike of reading*
- *Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing*

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.

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Eye safety begins at Home

Your home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention.

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water.

Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out… for yourself

Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own. Your parents don't make the rules, you do. And your parents don't book your appointments anymore, either. If you've got a vision problem, it's up to you to recognize it, and seek out an optometrist for help.

Has anything changed?

Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.

Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more. "

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."

Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function.

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.

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3 life

Kush

was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.

THE CANADIAN PRESS

Eli bans diabetes pill Avandia, U.S. restricts access due to heart attack risk

FLICKR CC SKIPPYJON

Falling back on track

Fall is looming and the clock to the winter is ticking. How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights

ROMINA McGUINNESS
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1

Everyday things to get back on track

Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids digestion.

2

Running out of excuses

The days are shorter, the weather is getting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

3

Keep things rolling

Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

4

Give your body what it needs

One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.

5 foods for Fall

1 **PUMPKINS.** Loaded with carotenoids that help fight against free radicals. Pumpkin is also a remarkably rich source of iron, zinc and fibre.

2 **APPLES.** A classic when it comes to healthy eating, apples contain calcium and vitamin C, essential for healthy bones and boosting your immune system with the colder weather. Their fibre content helps maintain a healthy digestive system and they are an incredible source of anti oxidants.

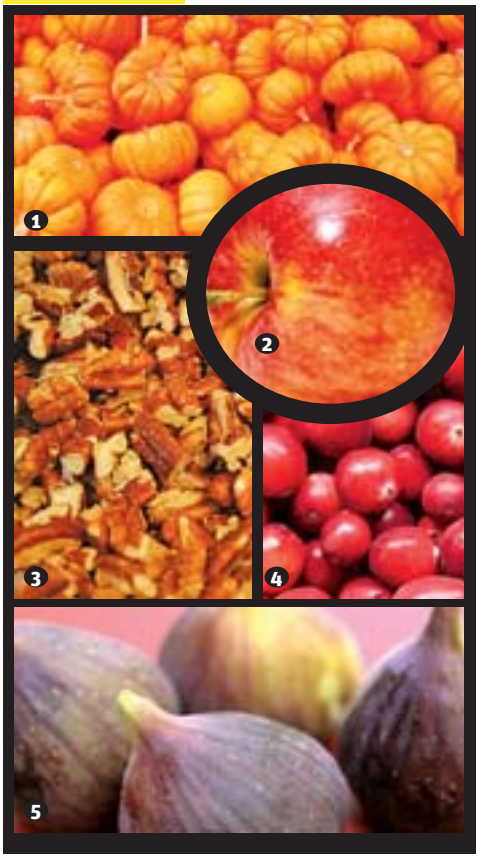
3 **PECANS.** Pecans are full of heart healthy fats and are incredibly nutrient dense. They make the perfect mid morning or snack along with low GI fruits such as blueberries.

4 **CRANBERRIES.** these little berries are a fantastic source of the healthy heart antioxidant anthocyanins, the same one found in red wine and tea.

5 **FIGS.** They are a great source of fibre that will help pull toxins out of the system. They are also loaded with potassium, which has been shown to help control high blood pressure.

ROMINA McGUINNESS

Foods for fall



Breast cancer incidence fall, says new study

The first Canadian study of its kind is adding to a growing body of international evidence suggesting that the use of hormone replacement therapy may raise the risk of breast cancer.

However, some doctors counter that such studies do not prove a cause-and-effect association between taking hormones and the onset of breast cancer, and stress there could be many other factors playing a role in the development of the disease. The study by the Canadian Cancer Society found there was a significant decrease in the rate of new breast cancers among post-menopausal women between 2002 and 2004 — coinciding with a huge drop in the use of hormone replacement therapy, or HRT.

"The drop in breast cancer incidence was fairly significant," said lead author Prithwish De, an epidemiologist with the Canadian Cancer Society yesterday. "We saw a 10 per cent drop in the incidence rate."

THE CANADIAN PRESS

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A rustic and hearty dish for the brisk fall weather

This rustic and hearty soup with potatoes and wild mushrooms is a quick and delicious autumn dish to warm tummies on a cool evening.

Preparation:
Mushroom soup

1. In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
2. Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.
3. Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servings.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Rustic mushroom and potato soup.

Ingredients :

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and pepper
- 1 bag (750 g) frozen potato chunks
- 125 ml white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley
- 5 ml (1 tsp) hot pepper sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)

Liquid assets

Any time for white wine

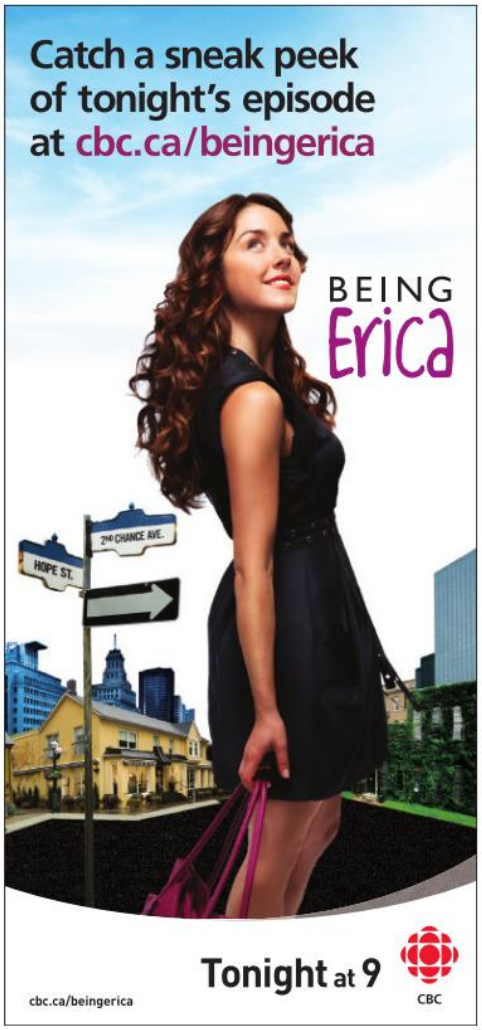
PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

One of the many, many old wives tales about wine is that for some reason white wines take a back seat to reds when fall arrives. Maybe it has something to do with that "no white pants after Labour Day" mantra people way more fashionable than me mumble to themselves this time of year.

While a slight chill in the air and the rustic aromas of leaves dying may suggest a red wine vibe, I'm going on record saying that every day is a good day to drink white. The weight of an oaky chardonnay certainly works with all four seasons, but let me also push the versatility of German riesling.

Soft, slightly sweet (in a juicy apple fruit sense) and undeniably gulpable the Schmitt Söhne 2009 Relax Riesling ($11.95 - $13.13) is a, well, relaxing wine perfect for fall. Try matching it with a Thai or spicy Szechuan dish.

Prices reflect the range across the country. Some products may not be available in all provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:

▶ Dragan and Margarita made an instant connection on their first date.

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chemistry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

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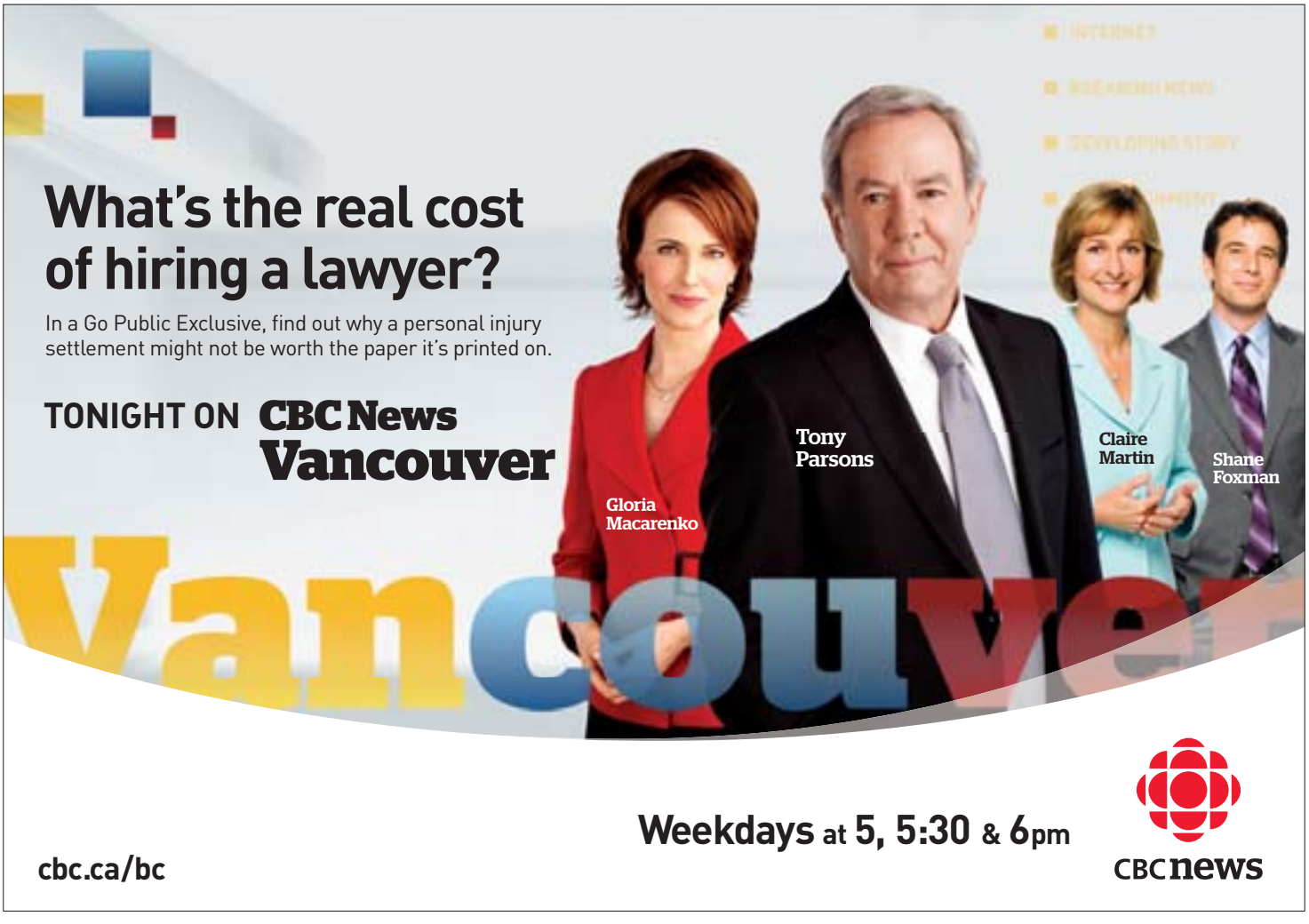
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'Tis the season to get great deals

Alison's seasonal money rule ◗ Nothing beats the fall for dollar stretching opportunities

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my beloved steed with them.

Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV'ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping: There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Fall is the time of sales, so get ready to save!

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SUBMITTED

▶ Jessica Lu ended up in an online education setting when the traditional lecture course she wanted was full.

SUBMITTED

▶ Leigh Fuller took distance education courses to accelerate her career.

'It was really convenient'

Distance education gets thumbs up from two students **Discipline to sit down and complete course work key**

RICHARD WOODBURY
FOR METRO CANADA

Before taking a course through distance education, 23-year-old Jessica Lu had reservations.

"I never thought distance education was something that would work for me," says the Vancouver resident who graduated from the University of British Columbia this spring with a degree in biology.

Lu had a "very traditional sense of learning" that meant learning happened in the classroom with a professor and a lecture — not online.

When an elective class she wanted to take was full, distance education became the only option.

"I liked how it was really convenient," says Lu.

With large breaks in her schedule between classes, she used that time to complete two courses through distance education.

For 25-year-old Leigh Fuller, she felt distance education would be "a good move to accelerate her career."

When she began pursuing a project management certificate from Algonquin College in Ottawa in the spring of 2009, she had a full-time job as an administrative assistant and was also riding and training horses on the side.

That side gig has since evolved into a full-time business: Daleigh Acres.

Fuller feels it's important people considering taking distance education think about their time management skills.

"One thing that can pretty much guarantee you won't be successful at it is if you're not capable of having the discipline to sit down and actually do the work yourself without anyone encouraging you," she says.

Fuller feels distance education is a good fit for busy people and shy people who may not enjoy being in the classroom.

The distance education experience has been positive for Lu, but she would have liked for the tests to have included more short answer type questions rather than being strictly multiple choice.

Fuller doesn't have any complaints.

"I would do it again, well I am," she says with a chuckle.

Fuller's next class begins in the fall.

60 seconds

JESSICA LU

Last song played on iTouch? Marionettes by The Zolas

Cheesiest song on iTouch? Ballads by Chicago and Lionel Richie

Favourite actor? Jim Parsons

Favourite film? Singin' in the Rain

Favourite colour? Blue

60 seconds

LEIGH FULLER

Last song played on iPod? Lips of an Angel by Hinder

Cheesiest song on iPod? Kiss a Girl by Keith Urban

Favourite actor? Clive Owen

Favourite film? Kingdom of Heaven

Favourite colour? Blue

"One thing that can pretty much guarantee you won't be successful at it is if you're not capable of having the discipline to sit down and actually do the work yourself without anyone encouraging you."
LEIGH FULLER, STUDENT

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Upgrade through distance ed

Experts caution to research options available

RICHARD WOODBURY
FOR METRO OTTAWA

For people looking to upgrade their business skills, plenty of distance education opportunities are available through learning institutions across Canada. The subjects are limitless and could include business plans, writing skills and small business marketing.

But distance learning isn't for everybody, cautions the dean of the School of Part-time Studies at Algonquin College in Ottawa.

"Number one: They've got to make sure that they're disciplined enough to be successful in the online world," says Linda Rees.

Just like in the classroom, distance education requires lots of reading, researching, writing and test-taking.

"Is there a facilitator?" asks Colla Jean MacDonald, a professor and distance learning expert at the University of Ottawa. She says it's important that courses have somebody to whom the students can turn to for assistance.

Students should also find out if the course can be applied towards a future diploma or degree.

"Different institutions have different characteristics," says Jeff Miller, the senior manager of distance learning at the University of British Columbia.

To make the most of one's distance education experience, students must ask the right questions before the experience begins.

ISTOCK

▶ Distance education can be a great way to upgrade your business skills.

Many advantages to distance education

Two of the main advantages of taking courses through distance education are the access and flexibility it provides.

"Those are two huge things," says Linda Rees, the dean of the School of Part-time Studies at Algonquin College in Ottawa.

This access means people from across the globe are able to stay in their hometowns and upgrade their skills.

The flexibility it provides allows people with full-time jobs or those with busy schedules to continue to learn.

"People can position their learning into their schedule," says Jeff Miller, the senior manager of distance learning at the University of British Columbia.

RICHARD WOODBURY

A wealth of choice

RAF BRUSILOW
METRO CANADA

Canadian schools offer a well-rounded mix of online courses in just about any subject: Here are a few online courses and programs around the country Metro found that might catch your interest.

Vancouver

• Surgical Care in International Health (University of British Columbia): A cutting-edge course focusing on the planning and execution of surgery in low- and middle-income places of need around the world. Learn how to meet the burden of unmet surgical needs and how to orchestrate a professional response around the world. Visit olt.ubc.ca.

Edmonton

• Arts and Cultural Management (Grant MacEwan University): A program that teaches marketing, financial management, communications and advocacy in the art world. Offered through eCampusAlberta.ca.

Toronto

• Taking Off in Travel (Humber College): An overview of the basics of the travel industry and what it takes to start a career. Case studies involving international travel, niche travel, group travel and conventions as well as a look at all types of travel and accommodations. Visit onlinelearning.humber.ca.

Halifax

• Certificate in Police Leadership (Dalhousie University): A program that trains supervisors and managers in the police force, particularly people who want to take their police career to a management level. The well-regarded program counts people in the RCMP and Provincial Police in Ontario and Quebec amongst its graduates. Visit collegeofcontinuinged.dal.ca.

Ottawa

• Creative Writing (Algonquin College): An eight-course program looking at the features of writing including the structure of language and aesthetic criticism concepts. Emphasis placed on practical, goal-oriented work and developing your own writing style. Visit algonquincollege.com.

Calgary

• Human Resource Management Certificate (University of Calgary): Teaches essential skills for staffing, employee and labour relations, compensation and health and safety. Suitable for people starting a career or HR professionals who want to expand their knowledge and skills. Visit conted.ucalgary.ca.

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Tuesday, Oct. 5, 11 a.m. – lobby, Building B	Broadway
Tuesday, Oct. 12, 11 a.m. – lobby, Building B	Broadway
Culinary Arts	
Friday, Oct. 1, 9:30 a.m. – room 305 B	Downtown
Friday, Oct. 8, 9:30 a.m. – room 305 B	Downtown
TESOL programs	
Tuesday, Oct. 5, noon – room 526	Downtown
Tuesday, Oct. 12, noon – room 526	Downtown
English as a Second Language	
Wednesday, Oct. 6, 10 a.m. – room 5025	Broadway
Baking and Pastry Arts	
Wednesday, Oct. 13, 10:30 a.m. – room 216	Downtown
Esthetics & Hair Design	
Wednesday, Oct. 13, 4:30 p.m. – room 201	Downtown

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Broadway campus is located at 1155 E. Broadway.

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School of Arts and Sciences School of Music Centre for Transportation Trades
Centre for Continuing Studies Centre for Design School of Health Sciences
School of Instructor Education School of Language Studies School of Hospitality

Vancouver Community College

Online ed fits everyone

- Skills required for success same as in traditional classrooms
- Time management important to maximizing your experience

RAF BRUSILOW
FOR METRO CANADA

Before you commit

Test it out: Most reputable online programs will let you try out a class or two to see if you like what you see and then cancel with a full refund if you don't — check each school's policies first, though.

Afraid your personality won't fit the world of online learning? Don't worry, experts say, online education doesn't require any special skills you wouldn't already use in a regular classroom.

Tricia Donovan is director of eCampusAlberta, a consortium of 15 publicly funded colleges and technical institutes in Alberta offering online courses and programs. She says the common idea that online learners have to be more driven and self-sufficient than in-class learners because of the technical requirements is a myth.

"A lot of the literature will say that people who are self-motivated and driven fit best into online learning, but our experience is that motivation itself is enough for any educational program.

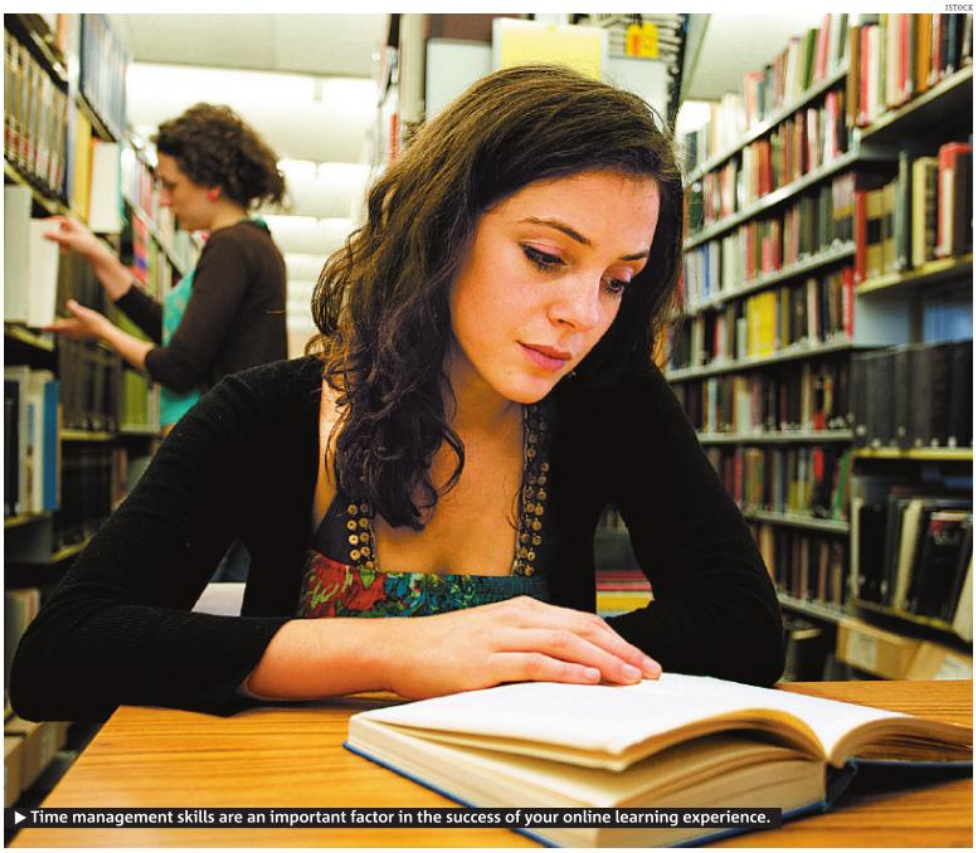
"If you can search the web you have all the technical ability required to complete an online education," Donovan said.

If there is a personality trait that gives you an advantage, it's time management. Dr. Keith Hampson, director of digital education strategies at Ryerson University's G. Raymond Chang School, says the lack of scheduled in-class work periods means online students often need to manage time well.

"Most online courses are set up so that students can have a great deal of control over when they do work, by and large that is a benefit, but it can also be a challenge.

In the classroom, a schedule is provided for you — online, some students find they need to develop a schedule themselves," Hampson said.

"If you can search the Web, you have all the technical ability required."
TRICIA DONOVAN



ISTOCK

▶ Time management skills are an important factor in the success of your online learning experience.

CON ED

Do you have what it takes?

Online courses involve a lot more idea-sharing than a classroom setting.

"The web experience can in many ways be more exploratory than what most people get in class — online courses have very strong application to the way business actually works today," said Edward Carson, associate director of the University of Toronto's School of Continuing Studies.

"The Web experience can in many ways be more exploratory than what most people get in class — online courses have very strong application to the way business actually works today."
EDWARD CARSON

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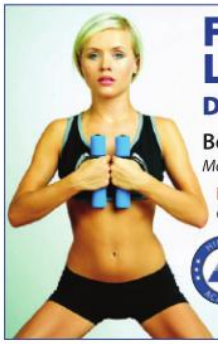

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Going the distance online at Athabasca

NANCY BURT
FOR METRO CANADA

SUBMITTED

▶ Nancy Burt completed her Master of Arts degree online at Athabasca University

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University.

I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

It takes dedication and a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun.

But be warned, it is more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project. It certainly helps if you like to write.

Would I recommend it? Absolutely!

How does it work?

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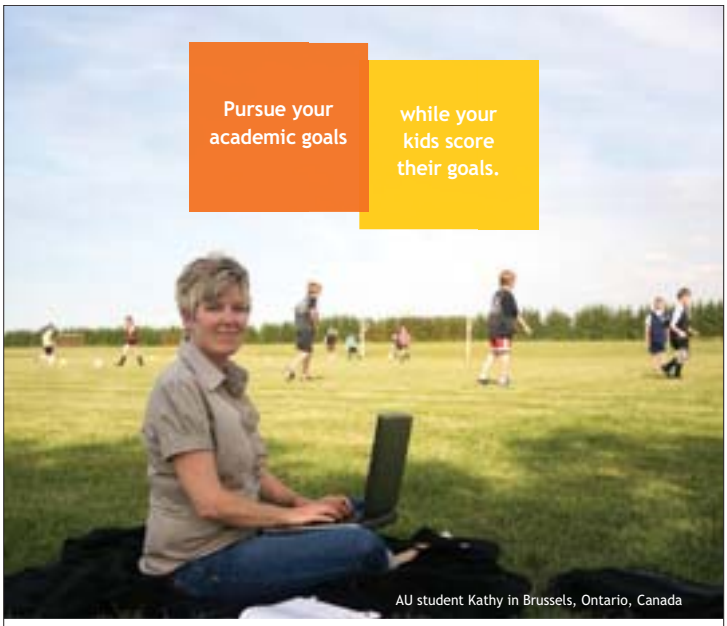

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At Athabasca University, flexible study times mean you can spend time with your family, work at your job, and pursue your education as well. That's exactly what AU student Kathy is doing. She works full-time in the HR field, and is also pursuing her AU Bachelor of Human Resources and Labour Relations degree. Kathy fits in her study time at home at night, during her kids' sporting events, and even completed an essay during her vacation while sitting around the pool. Academic flexibility. Another reason why AU stands out as a global leader in distance learning excellence.

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4 sports

Packers pay for mistakes vs. Bears

Chicago improves to 3-0 by taking advantage of 17 Green Bay penalties

20	17
BEARS	PACKERS

Still doubting the Bears?

Jay Cutler threw for 221 yards, Brian Urlacher forced a key fumble and Chicago took advantage of a team-record-tying 17 penalties by the Packers to beat Green Bay 20-17 last night.

Robbie Gould won it with a 19-yard field goal with four seconds left. The Packers' James Jones lost a fumble on a hit by Urlacher in the final minutes. Then Morgan Burnett was called for pass interference on Earl Bennett, setting up the winning kick.

Chicago is 3-0 and alone atop the NFC North. The Packers fell to 2-1.

"It's fun, that is all you can ask for," Cutler said. "The defence did a great job, we struggled the whole game, felt like we kind of were killing ourselves."

The Bears kept insisting they were contenders through a sloppy pre-season and less-than-inspiring opening win over Detroit. Since then, they turned heads with a win at Dallas last week, and stamped themselves as contenders by beating Green Bay — with lots of help from the Packers.

The Bears had tied it at 17 on a 25-yard field goal by Gould when Urlacher jarred the ball out of Jones' hands after the receiver caught a pass from Aaron Rodgers near midfield. Tim Jennings recovered, giving Chicago the ball on the Packers 46 with 2:18 remaining.

Soon after, another penalty cost the Packers in a big way.

On second down at the 33, Cutler tried to hit Bennett deep along the right sideline and Burnett basically hammered him, wiping out an interception by Nick Collins and putting the ball at the nine-yard line.

Three plays later, Chicago walked away with a wild win and the only undefeated record in the NFC.

Devin Hester delivered his first touchdown return in three years when he ran back a punt 62 yards in the fourth quarter, giving the Bears a short-lived 14-10 lead.

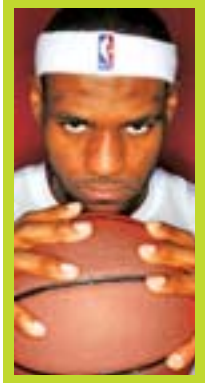
Rodgers threw for 316 yards and a touchdown and also scored on a three-yard run that gave the Packers a 17-14 lead in the fourth quarter.

THE ASSOCIATED PRESS

JONATHAN DANIEL/GETTY IMAGES

▶ Matt Forte (22) of the Chicago Bears runs the ball against Clay Matthews of the Green Bay Packers last night.

Quoted



"I don't want to keep harping about what people have said about me. But personally, I'm motivated by what has gone on this summer."

LEBRON JAMES, ON THE HOSTILE REACTION TO HIS MOVE TO MIAMI

Quoted

"This is the Raptors team. It's important to play as a team, to have great chemistry."

ANDREA BARGNANI, RESPONDING TO SUGGESTION THAT RAPTORS ARE HIS TEAM NOW

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Tampa Bay	93	63	.596	—	—	5-5	L-2	48-31	45-32
New York	93	64	.592	½	—	4-6	L-1	52-29	41-35
Boston	87	69	.558	6	5½	5-5	W-1	44-34	43-35
Toronto	81	75	.519	12	11½	8-2	W-5	45-34	36-41
Baltimore	62	94	.397	31	30½	4-6	W-1	34-43	28-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	64	.590	—	—	4-6	L-4	52-25	40-39
Chicago	83	73	.532	9	9½	4-6	L-1	40-35	43-38
Detroit	80	76	.513	12	12½	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	26½	27	5-5	W-4	36-43	30-48
Kansas City	64	92	.410	28	28½	4-6	W-1	35-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	69	.558	—	—	5-5	L-1	48-27	39-42
Oakland	77	78	.497	9½	15	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	11½	17	4-6	L-4	40-38	35-42
Seattle	60	96	.385	27	32½	5-5	W-2	35-42	25-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	63	.599	—	—	8-2	W-1	52-29	42-34
Atlanta	88	69	.561	6	—	5-5	W-1	53-23	35-46
Florida	77	79	.494	16½	10½	4-6	L-2	38-39	39-40
New York	76	79	.490	17	11	4-6	W-2	44-30	32-49
Washington	67	90	.427	27	21	5-5	L-1	40-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	81	75	.519	6	6½	5-5	W-2	47-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	101	.353	32	32½	7-3	L-1	40-41	15-60

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	73	.532	5	4½	3-7	L-2	52-27	31-46
Los Angeles	76	81	.484	12	12½	4-6	W-1	43-35	33-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

x-clinched division

AMERICAN LEAGUE

Last night's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle 7 Texas 5
Boston 6 Chicago White Sox 1
Kansas City 10 Minnesota 8
Oakland at L.A. Angels

Sunday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)

Tonight's games
(All times Eastern)
Detroit (Scherzer 12-10) at Cleveland (Talbot 9-13), 7:05 p.m.
N.Y. Yankees (Sabathia 20-7) at Toronto (Drabek 0-2), 7:07 p.m.
Baltimore (Bergesen 8-10) at Tampa Bay (Price 18-6), 7:10 p.m.
Seattle (F.Hernandez 12-12) at Texas (Feldman 7-10), 8:05 p.m.
Boston (Lackey 13-11) at Chicago White Sox (E.Jackson 3-2), 8:10 p.m.
Minnesota (Blackburn 10-10) at Kansas City (O'Sullivan 3-6), 8:10 p.m.
Oakland (Braden 10-13) at L.A. Angels (Haren 3-4), 10:05 p.m.

NATIONAL LEAGUE

Last night's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukee at New York (ppd., rain)
St. Louis 6 Pittsburgh 4
L.A. Dodgers 3 Colorado 1
Chicago Cubs at San Diego

Sunday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4

Tonight's games
(All times Eastern)
Philadelphia (Oswalt 13-13) at Washington (Marquis 2-9), 7:05 p.m.
Florida (Ani.Sanchez 12-11) at Atlanta (T.Hudson 16-9), 7:10 p.m.
Houston (W.Rodriguez 11-12) at Cincinnati (Volquez 4-3), 7:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 7:10 p.m.
Pittsburgh (Burres 3-4) at St. Louis (Suppan 2-7), 8:15 p.m.
L.A. Dodgers (Kuroda 11-13) at Colorado (Francis 4-6), 8:40 p.m.
Chicago Cubs (Dempster 14-11) at San Diego (Latos 14-8), 10:05 p.m.
Arizona (R.Lopez 7-14) at San Francisco (J.Sanchez 11-9), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-
Boston	87	69	.558	5.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	73	.532	4.5
St. Louis	81	75	.519	6.5

AMERICAN LEAGUE

BLUE JAYS 7, YANKEES 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	1	0	Snider lf	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b	3	1	1	0
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns lf	3	1	2	0	Lind dh	4	0	1	0
Grndrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	**36**	**5**	**9**	**5**	**Totals**	**30**	**7**	**9**	**7**
New York					000	020	300	5	
Toronto					115	000	00x	7	

E—Encarnacion (17). DP—New York 1, Toronto 1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (19). SF—Encarnacion.

	IP	H	R	ER	BB	SO
New York						
A.J.Burnett L,10-15	2 1-3	7	7	7	1	1
Albaladejo	1 2-3	0	0	0	1	0
Moseley	2	1	0	0	1	2
D.Robertson	1 1-3	1	0	0	0	0
Logan	1-3	0	0	0	0	0
Gaudin	1-3	0	0	0	0	0
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	1 1-3	4	3	3	0	3
Roenicke H,2	1-3	0	0	0	0	0
Carlson H,1	1-3	1	0	0	0	0
S.Downs H,25	1	0	0	0	0	2
Gregg S,36-41	1	0	0	0	0	0

T—2:48. A—16,004 (49,539) at Toronto.

SOCCER

MLS

Tomorrow's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.

Sunday's game
Los Angeles at Chivas USA, 8 p.m.

SPAIN

LA LIGA

Yesterday's result
Malaga 2 Villarreal 3

PORTUGAL

LIGA

Yesterday's result
Setubal 1 Pacos Ferreira 0

GOLF

WORLD RANKING

THROUGH SEPT. 26

1. Tiger Woods	USA	9.04
2. Phil Mickelson	USA	8.58
3. Lee Westwood	Eng	8.50
4. Steve Stricker	USA	7.82
5. Jim Furyk	USA	7.60
6. Martin Kaymer	Ger	7.10
7. Paul Casey	Eng	6.24
8. Luke Donald	Eng	5.90
9. Rory McIlroy	Nlr	5.67
10. Ernie Els	SAf	5.48
11. Matt Kuchar	USA	5.35
12. Dustin Johnson	USA	4.98
13. Graeme McDowell	Nlr	4.86
14. Hunter Mahan	USA	4.76
15. Edoardo Molinari	Ita	4.73
16. Ian Poulter	Eng	4.72
17. Retief Goosen	SAf	4.60
18. Anthony Kim	USA	4.17

NHL

PRE-SEASON

Last night's results
Toronto 5 Buffalo 4
Montreal 6 Florida 2
Nashville 2 Atlanta 1

Tonight's games
(All times Eastern)
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

LEAFS 5, SABRES 4

First Period
1. Buffalo, Stafford 1 (Roy, Leopold) 4:00 (pp)
2. Toronto, Kessel 3 (Phaneuf, Versteeg) 5:45 (pp)
3. Toronto, Kessel 4 (Bozak, Versteeg) 14:53

Penalties — Tor bench (too many men; served by MacArthur) 3:30; Sekera Buf (delay of game) 5:00.

Second Period
4. Buffalo, Gerbe 1 (Roy, Stafford) 3:38 (pp)
5. Toronto, Kulemin 3 (Grabovski, MacArthur) 8:36
6. Buffalo, Leopold 1 (Roy, Stafford) 15:11

Penalties — Komisarek Tor (tripping) 2:10; Gaustad Buf (roughing), Orr Tor (roughing, goaltender interference) 17:18.

Third Period
7. Toronto, Hanson 1 (Orr, Phaneuf) 9:55
8. Toronto, Kulemin 4 (MacArthur, Grabovski) 11:00
9. Buffalo, Gerbe 2, 12:08 (PS)

Penalty — Grabovski Tor (holding) 4:24.

Shots on goal by

Buffalo	11	13	15	39
Toronto	14	16	8	38

Goalies (shots-saves) — Buffalo: Lalime (21-18), Enroth (10:05 second) (17-15); Toronto: Gustavsson. **Power plays (goals-chances)** — Buffalo: 2-4; Toronto: 1-1.

Attendance — 18,096 at Toronto.

CANADIENS 6, PANTHERS 2

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32 (pp)
2. Montreal, Spacek 1 (Eller, Cammalleri) 15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)

Penalties — Subban Mtl (kneeing) 0:47; Frolik Fla (slashing) 2:34; Ellerby Fla (elbowing) 3:27; Henry Mtl (high-sticking) 8:14; Lapierre Mtl (holding stick) 13:23; Subban Mtl (cross-checking) 17:38.

Second Period
No Scoring.

Penalties — Duco Fla (hooking) 3:27; Duco Fla, White Mtl (fighting) 10:11; Maxwell Mtl (interference) 13:22; Henry Mtl (tripping) 15:37; McCabe Fla (holding) 17:16.

Third Period
4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44
5. Montreal, Plekanec 4 (Eller, Cammalleri) 3:47
6. Montreal, White 2 (Engqvist) 4:29
7. Florida, Weiss 1 (Booth, Wideman) 18:07 (pp)
8. Montreal, Cammalleri 1 (Eller, Gorges) 19:27

Penalties — McArdle Fla (double roughing), Pouliot Mtl (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (cross-checking), Subban Mtl (diving) 10:01; Duco Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Florida bench (abuse of officials; served by Dadonov), Moen Mtl (misconduct, boarding, fighting) 12:47; Ellerby Fla (roughing, fighting), Dumont Mtl (fighting) 13:08; Repik Fla (hooking) 14:44; Spacek Mtl (tripping) 17:44.

Shots on goal by

Florida	7	8	6	21
Montreal	12	10	13	35

Goal (shots-saves) — Florida: Vokoun: (L,1-1-0)(22-20), Markstrom (start third, 13-9); Montreal: Price (W,1-2-0)(21-19). **Power plays (goals-chances)** — Florida: 2-7; Montreal: 0-8.

Attendance — 21,273 (21,273) at Montreal

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Last night's result
Chicago 20 Green Bay 17

Sunday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.

Sunday's result
At Moncton, N.B.
Edmonton 24 Toronto 6

WEEK 14

Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.

Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.

Sunday, Oct. 3
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Baltimore RHP Alfredo Simon for three games and fined him an undisclosed amount for intentionally throwing a pitch at Jose Bautista in a Sept. 26 game at Toronto. Suspended Baltimore manager Buck Showalter for one game and fined him an undisclosed amount for Simon's intentional actions following the warning. Fined Toronto RHP Shaun Marcum an undisclosed amount for intentionally throwing a pitch at Baltimore's Luke Scott.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed F Brian Cardinal, G Dee Brown and G Adam Haluska.
GOLDEN STATE WARRIORS—Named Keith Smart coach.
LOS ANGELES CLIPPERS—Signed C Jarron Collins, C Jake Voskuhl, F Marqus Blakely, G Stephen Dennis and G Jon Scheyer.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Miami DT Tony McDaniel one game for violating the NFL's personal conduct policy.
ARIZONA CARDINALS—Re-signed WR Onrea Jones. Released CB A.J. Jefferson. Released RB Ian Johnson from the practice squad.
BUFFALO BILLS—Released QB Trent Edwards.
CHICAGO BEARS—Waived G Johan Asiata. Signed OL Edwin Williams from the practice squad.
JACKSONVILLE JAGUARS—Released DB Michael. Re-signed S Gerald Alexander, TE Ernest Wilford. Waived QB Brett Ratliff from the practice squad.
SAN FRANCISCO 49ERS—Fired offensive coordinator Jimmy Raye. Promoted quarterbacks coach Mike Johnson to offensive coordinator and offensive assistant Jason Michael to quarterbacks coach.

HOCKEY

NHL

BUFFALO SABRES—Returned D Mark Pysyk, F Corey Fienhage, F Kevin Sundher, F Steven Shipley, F Gregg Sutch, F Cedrick Henley, F Riley Boychuk, D Jerome Gauthier-Leduc and D Matt MacKenzie to their junior teams. Released G Zane Kalemba.
CHICAGO BLACKHAWKS—Assigned F Evan Brophey and F Jeff Taffe to Rockford (AHL). Assigned G Cristobal Huet to HC Fribourg-Gotteron SA (Swiss National League A).
LOS ANGELES KINGS—Assigned D Andrew Campbell, D Johan Fransson, D Alec Martinez and C Oscar Moller to Manchester (AHL).
MINNESOTA WILD—Reassigned F Cody Almond, F Colton Gillies, F Carson McMillan, F Chad Rau, D Tyler Cuma, D Jamie Fraser, D Maxim Noreau, D Nate Prosser, D Jared Spurgeon and G Matt Hackett to Houston (AHL). Waived F Jon DiSalvatore, F Robbie Earl, F Peter Kalus and F Warren Peters.
MONTREAL CANADIENS—Returned F Louis Leblanc to Montreal (QMJHL) and D Jarred Tinordi to London (OHL). Assigned G Robert Mayer, D Frederic St-Denis, F Andrew Conboy, F Olivier Fortier, F Dany Masse, F Aaron Palushaj, F J.T. Wyman, D Sebastien Bisaillon, D Marc-Antoine Desnoyers, D Kyle Klubertanz, D Brendon Nash, D Neil Petruic, D David Urquhart, F Alexander Avtsin, F Jimmy Bonneau and F Ian Shultz to Hamilton (AHL).
NASHVILLE PREDATORS—Assigned F Blake Geoffrion to Milwaukee (AHL).
NEW YORK RANGERS—Assigned G Chad Johnson, D Wade Redden, F Dane Byers, F Evgeny Grachev, F Kris Newbury, F Dale Weise, F Jeremy Williams and F Mats Zuccarello to Hartford (AHL). Released D Garnet Exelby, D Brandon Manning and D Alexei Semenov.
PHOENIX COYOTES—Assigned D Jonas Ahnelov, RW Matt Beaudoin, G Matt Climie, LW Ryan Hollweg, C Bracken Kearns, LW Josh Lunden, LW Brett MacLean, G Al Montoya, LW Alexander Picard, LW Blair Riley, D Garrett Stafford, D Michael Stone, D Chris Summers and D Nolan Yonkman to San Antonio (AHL). Returned D Brandon Gormley to Moncton (QMJHL).
ST. LOUIS BLUES—Assigned D Dean Arsene, D Brennan Evans, F Adam Cracknell, F Graham Mink, F Ryan Reaves, F Brett Sonne and F David Spina to Peoria (AHL).
VANCOUVER CANUCKS—Assigned D Nolan Baumgartner, C Mario Bliznak, D Kevin Connauton, D Evan Oberg, LW Prab Rai, C Jordan Schroeder, D Chris Tanev, F Aaron Volpatti, D Sean Zimmerman and D Travis Ramsey to Manitoba (AHL).
WASHINGTON CAPITALS—Signed F Matt Hendricks to a one-year contract. Assigned F Francois Bouchard, D Sean Collins, F Kyle Greentree, D Grant McNeill, D Zach Miskovic and F Brian Willsie to Hershey (AHL).

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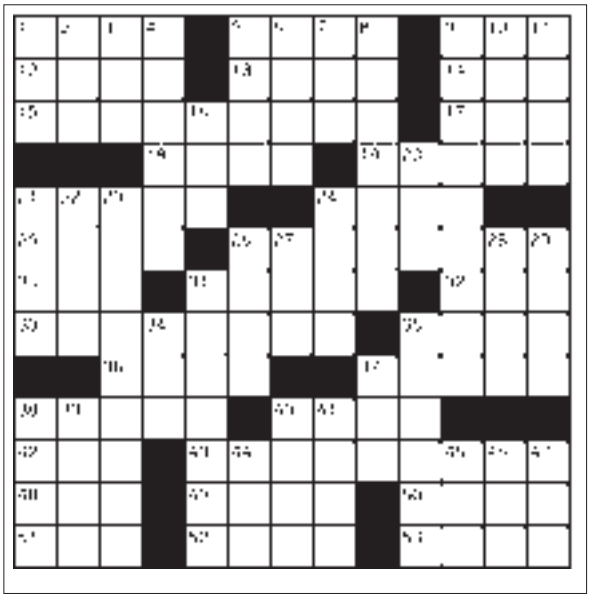
Crossword



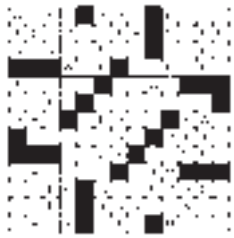
Across

1 Huck Finn's carrier
5 Staff leader?
9 Half a dance
12 Look lasciviously
13 Peru's capital
14 Communal pronoun
15 Aplenty
17 Last (Abbr.)
18 Nitwit
19 Long and lean
21 Aden's land
24 Brewer's oven
25 Smell
26 People on parade
30 Actress Lucy
31 Sweetheart
32 Buck's mate
33 Noted TV documentarian
35 Wild hog
36 Istanbul resident
37 Redhead's secret?
38 Thorax
40 High-decibel
42 Smack
43 Water sources
48 Hostel
49 Incite
50 Eye layer
51 Sch. org.
52 Privation
53 Gridlock noise

Down

1 Filch
2 Past
3 Winter woe
4 Sore
5 Movie sample
6 A bowl of cherries?
7 Ostrich's cousin
8 Mistaken idea
9 Anticipated
10 Bruce Banner's alter ego
11 Bohemian
16 Heavy weight
20 Fire residue
21 Egg center
22 Falco or McClurg
23 Sicilian spouter
24 Raw minerals
26 TV alien
27 Curry of NBC News
28 Horse of a different color?
29 Antitoxins
31 Injurious
34 Urban transport
35 Smear
37 Islander's home
38 Intel product
39 Suggestion
40 Drags along
41 Change for a five
44 Acapulco gold
45 "— Got a Secret"
46 Born
47 Potential syrup

▶ Yesterday's answer



Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore :)
YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.
YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul. I Love You with all of me after all this time. Forever Yours and Longer
PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.
ILIANA M.

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

♉ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal moment will never arrive.

♊ Gemini May 22-June 21 Being the contrary person you are you will take a perverse delight in doing the opposite of what others are expecting of you.

♋ Cancer June 22-July 22 YSo many people are telling you that you are following the wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

♌ Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

♍ Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy – make yourself happy by the things that you choose to do.
.

♎ Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

♏ Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions.

♐ Sagittarius Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

♑ Capricorn Dec. 22-Jan. 20 You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

♒ Aquarius Jan. 21-Feb. 18 It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

♓ Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week.
SALLY BROMPTON

Caption contest

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JACK DEMPSEY/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta • 4★

All-Inclusive
Deluxe garden view rm.
Nov. 6 & 13 • 1 wk.

PRIVILEGES
$1049
+Taxes & other fees (including service charges): $276

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Dec. 25 • 1 wk.

$1849
+Taxes & other fees (including service charges): $284

Barceló Maya Beach • 4★

All-Inclusive
Superior rm.
Dec. 25 • 1 wk.

$1939
+Taxes & other fees (including service charges): $284

MEXICO

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4★

All-Inclusive • Deluxe rm.
Jan. 8 – 29 • 1 wk.

$1099
+Taxes & other fees (including service charges): $227

Barceló Ixtapa Beach • 4★

All-Inclusive • Superior rm.
Dec. 25 • 1 wk.

$1779
+Taxes & other fees (including service charges): $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.

PRIVILEGES
$1729
+Taxes & other fees (including service charges): $280

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Jan. 7, 14 & 21 • 1 wk.

$1239
+Taxes & other fees (including service charges): $222

Allegro Varadero • 3★

All-Inclusive • Superior rm.
Dec. 24 • 1 wk.

$1479
+Taxes & other fees (including service charges): $222

JAMAICA

Iberostar Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Dec. 31 • 1 wk.

$1729
+Taxes & other fees (including service charges): $280

USA

HAWAII | Maui

Aston at the Maui Banyan • 3★

Value rate - Hotel rm. standard
Nov. 13, 20 & 27 • 1 wk.

$1019
+Taxes & other fees (including service charges): $141

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. 4E
Jan. 9 • 1 wk.

$1249
+Taxes & other fees (including service charges): $291

BAHIA PRINCIPE HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

$1749
+Taxes & other fees (including service charges): $284

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Dec. 24 • 1 wk.

PRIVILEGES
$1899
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Tulum

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Dental Assisting
Disability and Applied Behaviour Analysis
Dispensing Optician
Early Childhood Education
Economics (Associate of Arts Degree)
Financial Services Management
Health Care Support Worker
Hotel and Restaurant Management
Marketing Management
Nursing
Office Administration
Print Futures: Professional Writing
Physical Education Instruction (Post-Degree Diploma)
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